



**First in Europe:  
„Residential Certification  
Program“  
2018, May 20 - 29  
with Linda Anderson Krech and  
Gregg Krech from the  
ToDoInstitute Vermont, USA**

"These last 9 days with all of you here in this most beautiful area of Bavaria, doing our

Residential Certification Program in Europe for the first time, were way beyond my expectations." What a beautiful sentence from the director of the ToDoInstitute Gregg Krech about the first program held in Europe in Japanese Psychology with Morita, Naikan and Kaizen.

5 participants had been introduced to Japanese psychology for 9 days in a challenging, varied program, had experienced and participated in "Constructive Living" (can be translated as "living creatively, purposefully ") at first hand and were very confident at the end that they would be able to take a large part of what they had learned here into their everyday lives.

In a **domestic environment**, theories are put directly into practice. When tensions or disagreements arise almost inevitably ("Who's on kitchen duty now and forgot to order the ingredients in time?"...), the methods learned can be applied directly.

Among the participants were psychologists, translators and social workers. With new, unusual approaches to dealing with friends, strangers, relatives, patients, clients, colleagues and customers, they will all be able to apply what they have learned in their private lives as well as in their professions.



Of course, it will still take some time until the individual components are available as naturally at the right moment as experienced in these 9 days. For this and for the certification offered by the ToDo Institute, there are still some books to read, reports to write, texts to listen to, drafts to work out and much more. After all, the basic idea of a life **independent of thinking and feeling**, away from passivity ("What can I do about it all by myself?") to an actively self-designed, purposeful one, is a rather revolutionary approach in the West, which wants to be thoroughly absorbed.



All in all, the "Domestic Certification Program" is an absolutely recommendable program that will certainly find its way into many companies and institutions, especially since the **effectiveness** of individual methods **has** already **been proven in clinical studies**.

## Impressions



Linda is excited about the "cooking team"



Morning fog at Klosterfilz



Creativity is welcome



We had a great time, thank you Linda & Gregg 😊





(For data and privacy protection reasons you will not see photos with participants.)



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